

## **Abstract**

**The name of this dissertation:** The possibilities to improve muscle strength and hypertrophy in fitness centers.

**The aim of this dissertation:** Searches on chronic the possibility of hypertrophy, muscular strength in fitness centers and summary of right and effective training in fitness centers.

**Method:** The method in this dissertation is summary of technical data correct and effective workout. Use of survey questions, I found a level of and satisfaction at the fitness centers and how much time they spend in them. Why is they attending.

**Results:** Trough the literature I summarized the findings of the effective and right workout. Thanks results of the survey I found, that almost people walking to fitness centers are satisfied with level of self-knowledge about the matter. They do not need services of personal trainer. From the survey we found that BMI index of people visiting the fitness center is normal.

**Key words:** fitness, workout, weight training, strength, workout